**Identifying Threatening or Concerning Behaviors**

Many individuals who are planning to engage in targeted violence display threatening or concerning behaviors that are observable to others. Those who have perpetrated acts of targeted violence have no profile. The following categories are not exhaustive, but they represent some common threatening or potentially concerning behaviors identified across a wide variety of completed and averted acts of targeted violence. Observed alone, these threatening or potentially concerning behaviors may not signal violence, but they could indicate that an individual may need help. These behaviors and other relevant factors should be assessed within an individual’s totality of circumstances, including life stressors, personal risk factors, and threat mitigators, to identify if an individual is moving along a pathway to violence and what help may be needed.

**Disclaimer:** The behaviors and factors below include constitutionally protected activities and life circumstances that are experienced by many people who will never engage in violent activity. Each indicator listed may be, by itself, lawful conduct or behavior and may constitute the exercise of rights guaranteed by the US Constitution.

<table>
<thead>
<tr>
<th>Threatening or Concerning Behaviors</th>
<th>Description</th>
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<tbody>
<tr>
<td>Communications signaling changed or increased desperation or distress, evidenced by fixated thought patterns of death, inability to regulate emotions, and/or lack of positive expression</td>
<td>Unusual or unexplained activities, behaviors, or communications indicating preparation for end of life, including a manifesto</td>
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<tr>
<td>Unusual or unexplained deviation from an individual’s prior behavioral pattern</td>
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<tr>
<td>Attempt to gain access or proximity to a target; refers to the type, frequency, and intensity of an individual’s attempts to be physically close to the target; could include unusual travel or significant changes in travel patterns</td>
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</tr>
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<td>Unusual interest in previous attacks, attackers, or violent extremists, such as emulating the actions and statements of former attackers</td>
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<td>Unusual, extreme preoccupation with a person, place, belief, or cause to the point that an individual cannot be redirected to end the infatuation</td>
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<td>Collection or stockpiling of unusual amounts or types of weapons, tactical equipment, or destructive materials, including explosives and chemicals, as well as attempts to illegally gain access to these materials</td>
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**NOTE:** Vetting these behaviors to assess the potential for intended violence while ensuring the protection of privacy, civil rights, and civil liberties requires additional information and professional training. Please report threatening or concerning behaviors to the appropriate authorities within your organization or community. If you know someone who is struggling with mental health issues or who may pose a danger to themselves or others, please seek help and call 9-1-1 for emergencies.

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**Diagram:**

- **Threatening or Concerning Behaviors**
  - Deepening Desperation/Despair
  - Changes in Behavior
  - End of Life Planning
  - Directly Communicated Threat
  - Expressed or Implied Intent To Harm
  - Novel Violence/Aggression
  - Unusual Acquisition of Weapons or Weapons Expertise

- **Behaviors that may indicate:**
  - Concern
  - Heightened Concern
  - Imminent Concern